

FALL 1988

THE MONROE INSTITUTE BULLETIN

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CONTRIBUTIONS SUPPORT TMI RESEARCH

The Monroe Institute (TMI) is pleased to gratefully acknowledge all the generous donations made by friends of the Institute.

Many of the donations are earmarked for TMI's Research Division Brain Mapping Project. The Brain Mapping Project, scheduled to get underway in October, will consist of in-depth examination of subjects' responses to Hemi-Sync as measured by a "BEAM" (Brain Electrical Activity Mapping -- BEAM is a trademark and a federally registered service mark) a sophisticated topographic EEG and biophysical monitoring system. [For a more comprehensive description of the Brain Mapping Project, see "Neurophysiology Effects & Hemi-Sync Automation Update" in the current issue of "BREAKTHROUGH".] Thanks to the generosity of our donators, the initial one-year pilot study is now fully funded.

We would like to give all of you a sense of how other contributions are being utilized.

Just as the Research Division is re-equipping and upgrading for the Brain Mapping Project, the TMI Laboratory's Hemi-Sync tape production facility is undergoing a comprehensive update, which will mean an even higher quality of Hemi-Sync tape products.

Much of the existing recording and audio reproduction equipment has been overhauled and upgraded by the manufacturers for improved sound quality, and we have purchased an array of new studio-quality equipment to keep our Audio Production studio on the cutting edge of modern sound technology.

With shining new studio cassette recorders, rebuilt 2-track, 4-track, and 8-track reel to reels, new digital audio tape recorders (DATs), a new 16-track reel to reel, remote controls for all of the above, new patch panels, a massive rebuilt mixing board, a computer for generating Hemi-Sync tones (our latest development), and a complete rewiring of the facility, the TMI Audio Production studio looks like the bridge of the Starship Enterprise ("The Next Generation," at that).

Also, TMI is proud to welcome to "the bridge" Mark Certo. Mark is a musician and a professional audio technician, with years of experience in the recording studio. Mark will be working closely with Bob Monroe and David Mulvey on the production of "The Next Generation" of Hemi-Sync tapes. Welcome aboard Mark! And give us Warp 9!

TMI expresses its deep appreciation to the following contributors who have provided financial support since the original list of donors was published in the Spring '88

"BULLETIN" (To carry the metaphor one step further, "Thanks for 'beaming us up!"):

Ed & Meredith Carter, Paul King,
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Edwin & Susan Zale II

TMI ANNOUNCES CORE TRAINERS

As part of TMI's continuing efforts to revise, update, and improve our programs here in Virginia and on the road (GATEWAY VOYAGE, GUIDELINES, and H-PLUS INTENSIVE programs), we are pleased to announce a new development that we believe will provide even greater program continuity and enable our staff of professional Trainers to better serve program participants. Beginning in 1989, TMI programs will be conducted by an Associate Trainer and a Core Trainer.

We have named as Core Trainers individuals who conduct TMI programs on a regular basis -- meaning that they have an intimate familiarity with and understanding of the programs, the process, the technology, and (here in Virginia) the facility. The main reason these individuals have conducted programs on a regular basis is that they excel in the qualities TMI requires of all its Trainers. Among those qualities are: the ability to create a non-judgmental, non-dogmatic environment that fosters individual self-empowerment and growth; professional presentation of program material; a genuine compassion for and interest in each participant; and adding "zest" to the program -- helping people realize that self-discovery can be easier when approached with a sense of joy.

Our Core Trainers for 1989 will be Stephen Bladd, Darlene Miller, and David Mulvey.

Stephen is the Founder and Director of Unity Institute, a non-profit organization in Lexington, MA that uses various tools and methods (including Hemi-Sync) to assist individuals in exploring and understanding self, so that they might access their full potential. Formerly a professional musician (vocalist and percussionist with J. Giles Band), Stephen's background lead him to explore the use of sound in the healing process. Stephen says, "The Hemi-Sync technology has made possible such a transformation in my own life that I felt the need to share it in some way." He has done so by training the GATEWAY VOYAGE, GUIDELINES, and the H-PLUS INTENSIVE for TMI and as a Gateway Outreach (GO) Trainer, offering EXCURSION workshops in his local community. A Professional Member of TMI, Stephen leads workshops and seminars and offers private counseling for Unity

Institute.

Darlene, a clinical psychologist, has been involved in the designing and implementation of training programs for over 10 years. She has also consulted with management teams to help them provide more effective treatment for clients and function better themselves. Before joining the training staff of TMI, Darlene was the director of a 160-bed residential treatment facility for violent juvenile offenders in Colorado.

David, TMI's Director of Programs since January of this year, started working for us in '84 as Coordinator of the Gateway Experience in-home training program. He has been training TMI programs in Virginia and on the road since early '85. He also co-produces Hemi-Sync tapes in the Audio Production studio and writes and edits for the "BULLETIN" and "BREAKTHROUGH" newsletters. He formerly worked as a television news reporter.

TMI's 13 Associate Trainers will continue to bring a wide variety of backgrounds, styles, expertise, and insights to our programs -- insuring that the continuity provided by our Core Trainers will remain fresh, vital, and ever open to improvement and growth.

TMI recognizes the value of its outstanding staff of Trainers. They are the "glue" that binds the process together and helps it work for each participant. As one of our exemplary Associate Trainers, John Dumais, puts it, *"More than just being able to answer any question, [Trainers] need to enfold any energy. We need to honor the space that people create for themselves, while at the same time beckoning them to step beyond it, if it's their choice. The workshop and the technology provide the scaffolding and the doorway; the Trainers*

provide the context in which all that is held. This is perhaps the most essential ingredient, when all is said and done."

MEET THE CENTER STAFF

While our Trainers help establish the context for our programs here in Virginia, TMI is pleased to recognize and introduce those who establish the nurturing physical environment that allows participants to focus on their process of self-discovery and growth -- the staff of our International Training and Conference Center (ITCC) facility:

Walt Smith, Managing Director of ITCC, heads the ITCC complex -- consisting of the Living Center, David Francis Hall lecture facility, and the Laboratory. Walt evaluates and implements special projects directly related to these facilities and provides day to day management of support systems and services to program participants and TMI. These include: food, housing, transportation and scheduled use of ITCC facilities.

Jeanne Newell, Assistant to the Managing Director, is the quiet person behind the scenes. She gets things done and keeps everything on track with her efficiency and dedicated attention to detail.

Charles "Bucky" Madison is our Chef. When it comes to a memorable dining experience at the Center, Bucky is our man on the scene. He supervises, plans, purchases and executes our menus, and oversees all dining room needs.

Betty Truslow (Housekeeping Supervisor), Jeannie Johnson, Lorene Perry, Amanda Harris, and Vernice Mays are ITCC's Housekeeping Staff. They assist Bucky in the kitchen, and keep the entire facility spotless.

Their pride in their work is reflected in the oft-heard compliment, "This is the cleanest place I've ever stayed in!" They're the mainstay behind participants' comfort and well-being while attending programs.

Mike George and Ken Feather are the ITCC drivers. They take extra care in getting our participants to and from Charlottesville. Despite many varied, unusual, (and sometimes trying) circumstances, they have never missed a plane, train, or bus!

KUDOS -- GO TRAINER OF THE QUARTER

We are proud to salute Bill McBurney of Ontario, Canada as this autumn's GO Trainer of the Quarter. Bill received his accreditation six months ago and has trained more than 20 participants in the EXCURSION Workshop since then. He brings a solid background in the Hemi-Sync tools and technology to his work as a GO Trainer, having attended both the GATEWAY VOYAGE and H-PLUS INTENSIVE before participating in the GO Trainer Seminar last March.

In addition to his Gateway Outreach success, Bill is Curator of Special Projects with the Canadian Museum of Civilization in Ottawa, where he is currently engaged in exhibition design and production. Bill's astute observations of social and cultural systems, genuine delight in human nature, and precise interpretation and communication skills were recognized in his receipt of the Outstanding Achievement Award from the American Institute of Business Designers. These same qualities provide his workshop participants with the support, acceptance and guidance to be more of who and what they are.

Bill's curiosity and enthusiasm are evident in his explanation of why he likes being a GO Trainer: "I enjoy interpersonal communication, sharing, and teaching -- thereby seeing others grow as I grow. I want to continue to live life to the best of my ability, aware of all that there is -- before birth as well as after death -- as transitions in everlasting reality. The Monroe experience is one which I want to be able to share with others as best I can."

Bill has realized that goal -- and more. We appreciate and acknowledge his key role in the TMI family. Thank you, Bill.

A "POWERFUL" QUARTERLY TAPE

Due to the many positive responses from the mailing of the last three quarterly Membership tapes (the H-PLUS (for HUMAN-PLUS) tapes "Reset," "Attention," and "Release"), the Institute is again distributing an H-PLUS tape to our Membership this quarter. This quarter's H-PLUS tape is "STRONG-QUICK."

H-PLUS is a powerful training system designed to cumulatively enhance our abilities to gain and maintain total conscious control of our physical, mental and emotional functions. Unlike the GATEWAY programs, H-PLUS addresses the issues of here and now -- it confronts the challenges of being human. Each tape provides an opportunity to master one aspect of life.

This quarter's tape for our Membership is another sample of the H-PLUS program. Side one contains the H-PLUS "PREP", a unique combination of Hemi-Sync signals which establishes an "access channel" through which the Function

exercise may be inserted into your Total Self. To be effective, it is important that you use the PREP before the Function exercise. Eventually, your access channel will automatically open with any new H-PLUS Function exercise, and use of the PREP tape will become unnecessary.

Side two contains a Function exercise called STRONG-QUICK. STRONG-QUICK allows you to access greater strength and physical coordination than is normally at your disposal. Typical uses include: for instant, momentary muscular energy far exceeding typical capability in emergency situations, for use in situations involving a physical threat, for a boost during athletic competition, and even for mundane tasks requiring an extra "burst" of energy (such as opening that jar of pickles).

Each Function exercise introduces its own "Function Command" which, when used in the course of daily activities, will activate the Function. The Function Command for STRONG-QUICK is "Plus - Strong, Quick." After you begin working with this tape, any time you wish to activate the STRONG-QUICK Function, take a deep breath, say to yourself, "Plus - Strong-Quick," and exhale as if you are blowing out a candle.

The "RELEASE" function command (last quarter's Membership tape) should be used to allow STRONG-QUICK to fade into the background when the need for it has passed.

The effects of H-PLUS are cumulative. The more you use the Function, the more proficient you become, and the more HUMAN-PLUS you will be. Practice is fundamental to your mastery of any H-PLUS Function because intermittent and non-committal use will dilute its

potential.

When listening to this tape be sure to use stereo headphones in a comfortable environment free from interruptions. This sample tape is provided for your own, personal use. Once the Function is firmly in place we recommend you pass the tape and instructions along to someone who desires and needs it.

Your comments and suggestions are appreciated. For more information contact Shirley Bailey, H-PLUS Coordinator at TMI.

FEEDBACK

We at TMI enjoy sharing with readers of the "BULLETIN" ways in which people have used Hemi-Sync to make positive changes in their lives.

Hemi-Sync and Spinal Surgery

Cheryl O. Williams, M.A. writes: "A friend of mine had to have emergency spinal surgery in Nashville. I had the EMERGENCY TREATMENT SERIES sent air express to her. She used the tapes as they are recommended and she is going on a 33 day tour of Australia, Fiji, and New Zealand just fourteen days after the spinal surgery! (I should tell you she will be seventy this year and she is the retired Dean of the School of Nursing at Vanderbilt University.) She was absolutely thrilled with her recovery as she has had several prior spinal surgeries and had to be hospitalized previously for months at a time."

A First-hand Experience with Surgery and Hemi-Sync

Kaye Andres writes: "On the morning after my recent surgery, the attending nurse offered this

comment: 'This room is different from all the other rooms in my care. There is such peacefulness here... and calm. The atmosphere is different. I come into quiet and you are sleeping or very peaceful and I want to tiptoe out through the adjoining bath to the next room. This room is a sanctuary!'

What was happening is that I was plugged into one of the EMERGENCY TREATMENT SERIES tapes. These were a godsend (thank you!) to me. I went to sleep to "Pre-Op" several times before entering the hospital, and arranged to have the appropriate tape playing continuously until I was back in my room.

Not only were the tapes a splendid support system throughout, but they also obliterated intrusive sound vibrations of hospital clatter and, more important, the sounds of other humans in some kind of helpless terror. I was very grateful.

Surely in an enlightened future such tapes and earphones will be standard equipment in all hospital rooms."

New "Gateways" of Possibility

James "Felix" Hamilton writes:

"[After GATEWAY] the first place I went was to my father and mother's house. We had not hit it off so well in the past few years, so we were all a little shocked when I walked into their house filled, no, overflowing, with love for them. That moment alone was worth the tuition and much more.

I had patterned for good relations with my boss and to be more effective in my job, and found out that I had been transferred to a better and more responsible position during my absence.

...I wasn't sure about my decision to

come to the Institute until the last day I was there. I'm sure now; in spades!"

NEW MEMBERSHIP CRITERIA; NEW MEMBERSHIP PRICING

**by Dan Reynolds
TMI Director of Marketing**

You, our members, have enabled TMI to grow and develop over the years through your memberships, attendance at programs, and use of Hemi-Sync. The next direction we are taking in marketing will introduce us into the mainstream and greatly expand public knowledge of the Institute. With this expansion we wish to acknowledge your continued support by offering lower pricing and better membership benefits than ever before. Additionally, we are standardizing and redesigning packaging for Hemi-Sync products, including original four-color artwork and tape sets in new album formats. Be sure to see the details in your enclosed brochure. We are excited about these opportunities and think you will be too!

NEW GO TRAINERS

In July, eleven individuals came to Virginia to be certified as GATEWAY OUTREACH (GO) Trainers. These dynamic people will soon be offering EXCURSION workshops in their communities. If you live near one of these new GO Trainers, and would like to lend your support to their efforts in bringing the Hemi-Sync technology to your area, please write or call them. Congratulations, GO Trainers, and welcome aboard!

Mary Louise Cox
125 B Heritage Hills
Somers, NY 10589
(914) 277-8073

James R. Greene (Jim)
4011 So. 7th Street
Arlington, VA 22204
(703) 920-9594

Tjaart Hofman
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1355 Hooper Avenue, N.E.
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(404) 577-5838

Mary Roush
2421 East Grace Street
Richmond, VA 23223
(804) 788-0814

Lee Stone
P.O. Box 98
Wanchese, NC 27981
(No Phone)

Susan Wedeking
9900 Old State Road
Evansville, IN 47711
(812) 867-7269

Jennifer Whipple (Jenny)
3307 Glenbrook Drive
Columbus, GA 31907
(404) 561-7586

REACHING OUT: EXCURSION WORKSHOPS SCHEDULED

The GATEWAY OUTREACH (GO) program is a network of accredited GO Trainers throughout the United States and other parts of the world, who offer 2-day Hemi-Sync workshops called EXCURSIONS. The EXCURSION allows participants to experience levels of consciousness through Focus 12 -- the state of expanded awareness. Combining taped exercises, group discussion, workbook exercises and short lectures, the EXCURSION provides an opportunity to become familiar with the Hemi-Sync technology and to build a repertoire of tools and techniques which can be integrated into one's daily activities.

The following EXCURSION WORKSHOPS are scheduled for the next few months:

HOUSTON, TEXAS
September 10-11
contact Bobby D. Johnson
(713) 777-5745

EVANSVILLE, INDIANA
September 17-18
contact Susan Wedeking
(812) 867-7269

ENGLAND
September 23-25
November 25-27
contact John Perrott
0252/626-448

COLUMBUS, GEORGIA
September 23-25
contact Jenny Whipple
(404) 561-7586

FLORIDA
October 8-9
contact Francene King
(813) 971-8808

WICHITA, KANSAS

October 15-16
contact **Gail King**
(316) 943-4704
or **Richard Racette**
(316) 838-7818

ARLINGTON, VIRGINIA

October 22-23
contact **Jim Greene**
(703) 920-9594

SOMERS, NEW YORK

November 5-6
contact **Mary Louise Cox**
(914) 277-8073

ATLANTA, GEORGIA

November 5-6
contact **Ellen Rappaport**
(404) 577-5838

RICHMOND, VIRGINIA

November 12-13
contact **Mary Roush**
(804) 788-0814

WANCHESE, NORTH CAROLINA

November 19
contact **Lee Stone**
P.O. Box 98
Wanchese, NC 27981

HOLLAND

November 26-27
contact **Tjaart Hofman**
05160-5843

GO TRAINERS PLUS

After launching our new H-PLUS INTENSIVE program only last October, TMI is pleased to announce that weekend H-PLUS workshops will soon be available in many communities in the US, England, and Canada. The seminars will be conducted by GATEWAY OUTREACH (GO) Trainers who have been certified by TMI to deliver this powerful program (called H-PLUS GO) for expanding human potential.

H-PLUS GO provides practical mental tools (called Functions) for a more effective, joyful life here and now, in this physical reality. The H-PLUS GO workshop includes hands-on training to achieve conscious control of your total self -- physical, mental, and emotional.

For information on workshops in your area, contact one of the following certified H-PLUS GO Trainers:

Betty Berens
Sedro Woolley, WA
(206) 724-4321

Stephen Bladd
Lexington, MA
(617) 863-0148

Jonathan Bosch
Silver Spring, MD
(301) 649-5813

Mark Carter
Phoenix, AZ
(602) 971-7165

John Dumais
Beverly, MA
(617) 922-0985

Randy Hayward
Kalamazoo, MI
(616) 385-2119

Franceen King
Lutz, FL
(813) 971-8808

Geoffrey Lyford
British Columbia, Canada
(403) 276-5760

Allessyn Moore
New York, NY
(212) 967-8921

Gini Patterson
Dallas, TX
(214) 361-5550

John Perrott
England
0252/626-448

Connie Stafford
Cincinnati, OH
(513) 351-7111

Susan Wedeking
Evansville, IN
(812) 867-7269

Jenny Whipple
Columbus, GA
(404) 561-7586

**1988 RESIDENTIAL PROGRAMS:
A FEW SLOTS LEFT**

If you'd like to sign up for a TMI program in 1988, we recommend you firm up those plans soon. The demand for spaces in our residential programs at the Institute Center here in Virginia continues to increase. At this time, there are several openings available in our December GATEWAY VOYAGE and our December GUIDELINES programs. We invite you to call or write TMI for registration information.

The GATEWAY VOYAGE, a 6-day program, offers guidance in attaining, exploring, developing and applying expanded states of consciousness. You will become familiar with Focus 10 (mind awake/body asleep), Focus 12 (expanded awareness), Focus 15 (the state of "No Time"), and Focuses 16-21 (other realities and energy systems.)

Program available: December 3-9.
Contact: Helen Warring, Registrar.

GUIDELINES, a 5-day program, is available to graduates of the GATEWAY VOYAGE, and assists you in establishing communication with your Super Ego, Total Self, Inner Self Helper (ISH), Guide, Non-Physical Friend or Universal Consciousness.

Program available: December 11-16.
Contact: Helen Warring, Registrar.

(For a schedule of programs in 1989, including the H-PLUS INTENSIVE, contact Helen Warring, Registrar. For information on the 1989 GATEWAY OUTREACH TRAINER SEMINARS, contact Leslie France, Projects Director, Gateway Outreach.)

TMI BULLETIN STAFF

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